

# 2009 Montana Youth Risk Behavior Survey

Risk Behaviors of Montana Youth

Smokers vs. Nonsmokers



Health Enhancement and Safety Division  
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Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

## **2009 Youth Risk Behavior Survey Risk Behaviors of Smokers vs. Nonsmokers Montana High School Students**

### **Montana Youth Risk Behavior Survey**

The Montana Youth Risk Behavior Survey (YRBS) is administered by the Montana Office of Public Instruction every two years to students in grades 7 through 12. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. While all schools in Montana can participate in the survey on a volunteer basis, approximately 50 high schools are randomly selected to be included to provide the Montana statewide data to be used in other national YRBS reports.

The 2009 YRBS was conducted in February of 2009. Schools administering the survey were provided with detailed written instructions on conducting a random survey in their schools. To encourage accurate responses to sensitive questions, a strict protocol was implemented to protect the privacy and confidentiality of all participating students. The questionnaire is designed without skip patterns to ensure survey completion by students in a similar period of time.

### **Survey Validity, Limitations and Results**

Data used in this report from the 2009 Youth Risk Behavior Survey are based on a random survey of Montana high school students. The weighted results contained in this report can be used to make inferences about the priority health-risk behaviors of all high school students in grades 9 through 12 in all schools in Montana. However, users should be careful in using the data since respondents in self-reported surveys may have a tendency to underreport behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonuse, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

For the purpose of this report, "smokers" are defined as "current smokers," in other words, those youth who answered "one or more days" to the question, "During the past 30 days, on how many days did you smoke cigarettes?" Fourteen separate risk behaviors were queried for association with the smoking risk behavior. These risk behaviors are listed in bullet, table and graph forms in the following report.

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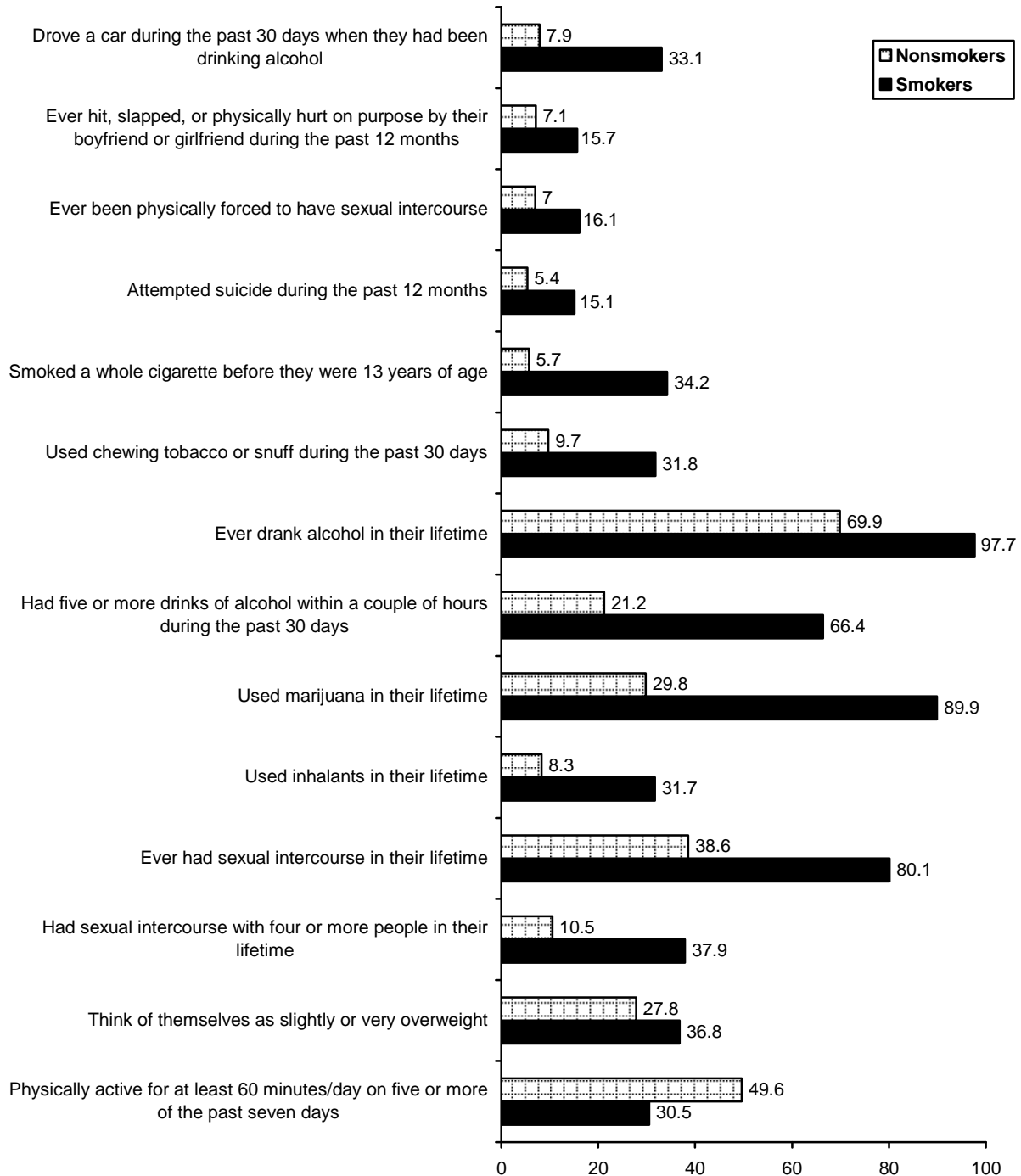
- Montana youth who are smokers are more likely than nonsmokers to have driven a car after drinking during the past 30 days (33% of smokers vs. 8% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have been hit, slapped or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months (16% of smokers vs. 7% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have been physically forced to have sexual intercourse (16% of smokers vs. 7% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have attempted suicide during the past 12 months (15% of smokers vs. 5% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have smoked a whole cigarette before the age of 13 (34% of smokers vs. 6% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have used chewing tobacco or snuff during the past 30 days (32% of smokers vs. 10% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have ever had a drink of alcohol in their lifetime (98% of smokers vs. 70% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have had five or more drinks of alcohol within a couple of hours during the past 30 days (66% of smokers vs. 21% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have used marijuana in their lifetime (90% of smokers vs. 30% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have used inhalants in their lifetime (32% of smokers vs. 8% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have ever had sexual intercourse in their lifetime (80% of smokers vs. 39% of nonsmokers).
- Montana youth who are smokers are more likely than nonsmokers to have had sexual intercourse with four or more people in their lifetime (38% of smokers vs. 11% of nonsmokers).
- Montana youth who are smokers are as likely as nonsmokers to think of themselves as slightly or very overweight (37% of smokers vs. 28% of nonsmokers).
- Montana youth who are smokers are less likely than nonsmokers to have been physically active for at least 60 minutes per day on five or more of the past seven days (31% of smokers vs. 50% of nonsmokers).

**2009 Youth Risk Behavior Survey  
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Montana High School Students**

<b>Health Risk Behavior</b>	<b>Smokers</b>	<b>Nonsmokers</b>
Drove a car during the past 30 days when they had been drinking alcohol	<b>33.1%</b> (27.1-39.1)	<b>7.9%</b> (4.9-10.8)
Ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	<b>15.7%</b> (11.2-20.1)	<b>7.1%</b> (5.5-8.7)
Ever been physically forced to have sexual intercourse	<b>16.1%</b> (11.4-20.9)	<b>7.0%</b> (5.9-8.1)
Attempted suicide during the past 12 months	<b>15.1%</b> (10.8-19.5)	<b>5.4%</b> (4.2-6.7)
Smoked a whole cigarette before they were 13 years of age	<b>34.2%</b> (27.3-41.0)	<b>5.7%</b> (4.5-6.9)
Used chewing tobacco or snuff during the past 30 days	<b>31.8%</b> (24.5-39.3)	<b>9.7%</b> (6.5-12.9)
Ever drank alcohol in their lifetime	<b>97.7%</b> (96.1-99.4)	<b>69.9%</b> (66.4-73.4)
Had five or more drinks of alcohol within a couple of hours during the past 30 days	<b>66.4%</b> (57.9-74.7)	<b>21.2%</b> (17.5-25.0)
Used marijuana in their lifetime	<b>89.9%</b> (86.0-93.7)	<b>29.8%</b> (26.1-33.4)
Used inhalants in their lifetime	<b>31.7%</b> (26.4-37.0)	<b>8.3%</b> (6.4-10.3)
Ever had sexual intercourse in their lifetime	<b>80.1%</b> (74.7-85.4)	<b>38.6%</b> (34.3-42.9)
Had sexual intercourse with four or more people in their lifetime	<b>37.9%</b> (33.0-42.9)	<b>10.5%</b> (8.2-12.8)
Think of themselves as slightly or very overweight	<b>36.8%</b> (30.4-43.2)	<b>27.8%</b> (24.9-30.6)
Physically active for at least 60 minutes/day on five or more of the past seven days	<b>30.5%</b> (21.9-39.1)	<b>49.6%</b> (45.4-53.8)

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**Percentage of students by selected risk behavior**



## **2009 Youth Risk Behavior Survey Risk Behaviors of Smokers vs. Nonsmokers Montana High School Students**

Cigarette smoking is the leading cause of preventable death in the United States and accounts for approximately 440,000 deaths each year. Cigarette smoking increases risk of heart disease, chronic obstructive pulmonary disease, acute respiratory illness, stroke, and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix. In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fighting, carry a weapon, and attempt suicide. If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses.

Smokeless tobacco contains 28 known human carcinogens. Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity. Other oral health problems strongly associated with smokeless tobacco use are leukoplakia (a lesion of the soft tissue that consists of a white patch or plaque that cannot be scraped off) and recession of the gums. Smokeless tobacco use also causes an increased risk of heart disease and stroke. The overall risk of oral and pharyngeal cancer is 7-10 times higher among cigar smokers compared to those who never smoked. Additionally, cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease.

Source: YRBS Item Rationale for the 2009 Questionnaire  
Division of Adolescent and School Health  
Centers for Disease Control and Prevention (CDC)